

## Wheelchair skills



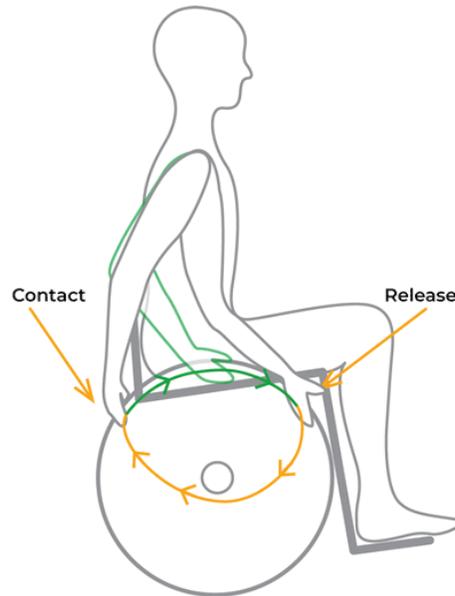
There are several skills that are helpful for maintaining your independence and mobility in your home and community including proper wheelchair propulsion, wheelies, going up and down a curb, going up and down a ramp, going up and down stairs with assistance, and getting up from the floor. We will go over these during class (and you may already be working on some of these in therapy) but here are some videos for your reference.

Many of these videos come from:

-The University of Washington SCI YouTube channel ([UWSpinalCordInjury](https://www.youtube.com/channel/UCSpinalCordInjury))

-Craig Hospital's resources webpage ([craighospital.org/resources](http://craighospital.org/resources))

## Good form while pushing your wheelchair (proper mechanics)



-long pushes releasing your grip at the end of the push

-drop your hands down and bring your arms back to start again (in an oval motion)

<https://www.youtube.com/watch?v=-FwLekMrbWg>

## **Propelling up and down a ramp**

-lean forward

-shorter, faster pushes

<https://www.youtube.com/watch?v=1jWmZbxyFZs>

## **Holding a wheelie in place**

-this is about finding your balance point

-small pushes and pulls on the handrims to adjust

-keep your neck and shoulders relaxed

<https://www.youtube.com/watch?v=8v595-RHPFo>

## **Wheelie pop ups**

-getting the front wheels briefly off the ground, good for getting up and down a curb, avoiding small obstacles

-start with your hands on upper back of handrim

-apply a rapid short push forward

<https://www.youtube.com/watch?v=fopsU49f2nY>

## **Managing curbs with assist**

<https://www.youtube.com/watch?v=PPVXkbZoe1k>

<https://craighospital.org/resources/craig-hospital-wheel-chair-skills-how-to-assist-with-going-up-and-down-a-curb>

## **Managing stairs with assist**

[https://www.youtube.com/watch?v=IC\\_ql66o5Ds](https://www.youtube.com/watch?v=IC_ql66o5Ds)

<https://craighospital.org/resources/craig-hospital-wheel-chair-skills-one-person-assist-going-up-and-down-stairs>

<https://craighospital.org/resources/craig-hospital-wheel-chair-skills-two-person-assist-going-up-and-down-stairs>

Getting up from the floor using your wheelchair and assist

[Dependent Uprighting: Manual Chair with One Person Assisting - YouTube](#)

(URL: <https://www.youtube.com/watch?v=TuqMfyjE2Zc>, on Craig Hospital's YouTube Channel)